



A composite sketch of a suspect in a sexual assault.

Suspect's sketch released

CRIME Banff RCMP have released a composite sketch of a suspect in the sexual assault of a woman over the weekend.

Police said the victim, who is in her 20s, was walking along Squirrel Street in a residential area when she was assaulted around 2:30 a.m. Sunday morning. The suspect beat the victim's face and head before sexually assaulting her.

The suspect is described as a Caucasian male who is five feet seven inches tall, 23 to 28 years old with a stocky build and short crew-cut hair.

Police believe the victim was also able to scratch the offender and he may have visible marks on his face.

METRO CALGARY

Focus On First Nations

For the next week, Metro Canada will be focusing on First Nation and aboriginal news, arts and culture as part of a special series leading up to the Assembly of First Nations convention, July 21 through 23, in Calgary.

Today
 • Bernd Christmas on land treaties, pg 6

City eliminates 70 jobs

30 laid off and 40 vacant positions slashed in effort to balance books

JOEL MESSNER
 for Metro Calgary

A budget shortfall has forced the city's hand, as pink slips were handed out to some city employees and other vacant positions were cut.

The city has made 70 job cuts, with 30 people getting laid off and 40 unfilled positions being cut.

"The City of Calgary, like other governments and

"It is now incumbent upon us ... to start looking at the revisions that will be required in order to balance the books (in 2010)." Mayor Dave Bronconnier

other businesses, are facing declining revenues in some areas and that means there will be some tough decisions," said Mayor Dave Bronconnier.

According to Bronconnier, the city will be able to

balance its books and come in on budget for 2009, but 2010 is a different story.

"2010 is going to be a more challenging year, so as we look to 2010 it is now incumbent upon us as

an administrative group to start looking at the revisions that will be required in order to balance the books," he said.

To do this, Bronconnier suggested that the city has to proactively make changes to the current budget as a starting point.

According to Bronconnier, a \$20-million shortfall is forecast for 2010.

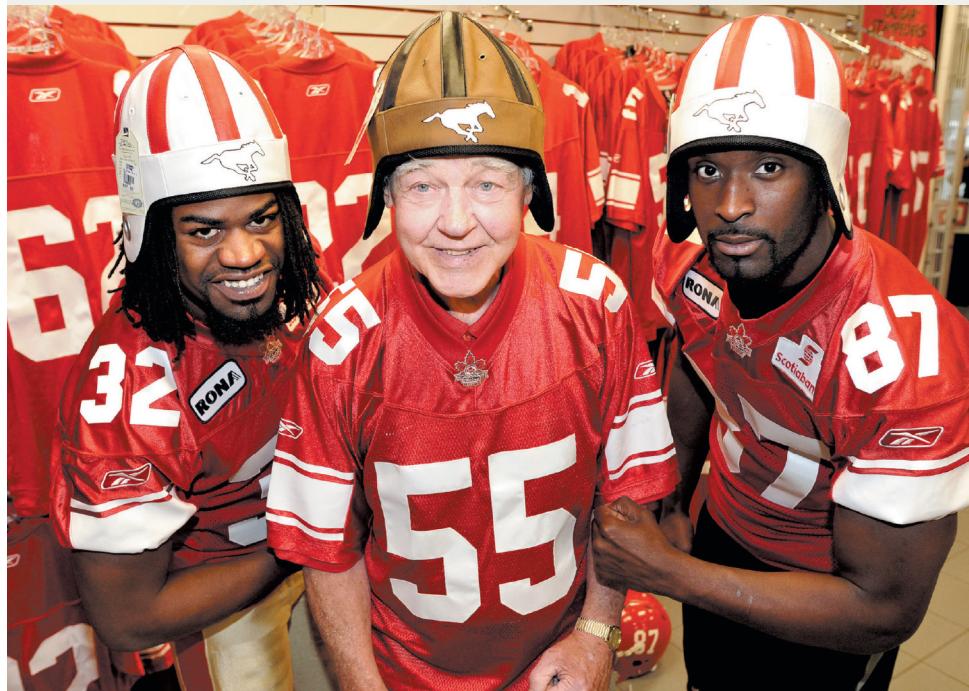
"We will not be running a deficit. We will balance the books and we will

move forward, making some tough choices in which to get there for 2010," said Bronconnier.

Bronconnier said that in order to achieve a deficit-free 2010, the city would have to look for savings in a variety of areas.

With the \$20-million projected shortfall still looming despite the cuts that were announced yesterday, more positions could face the chopping block.

Stampeders Back to the '60s



Calgary Stampeders Demetris Summers, left, Jabari Arthur, right, and retired player Wayne Harris (1961-1972) show off some of the new retro Calgary Stampeders uniforms from the '60s as the team moves toward heritage apparel for this Friday's game.

Move ahead on ring road: Mayor

JOEL MESSNER
 for Metro Calgary

MOTION With Tsuu T'ina band members voting down the most recent southwest ring road proposal, the city has been forced to push ahead with new plans.

Mayor Dave Bronconnier presented an urgent motion to council yesterday that sought approval for an interchange at the 37th Street and Glenmore Trail intersection, with work beginning as early as next year.

"Calgarians have been very patient and have been waiting quite a long time," he said. He hopes council approves the motion so the city can immediately start working with the province.



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QEII accident sends two to hospital

Two people were taken to a Red Deer hospital after a crash along the QEII Highway near Innisfail yesterday morning, according to RCMP. Crews were called to an accident involving a horse trailer, motorcycle, SUV, two trucks and a small car around 11 a.m., causing the road to be shut down for several hours. **METRO CALGARY**

Local



Plan for action on waste services

A report is being brought forward tomorrow to the utilities and environment committee for the city to take action on improving the efficiency of the services provided by Waste and Recycling. The action plan states that increased operational efficiency, automated waste collection and a city-wide organics program are all needed.

METRO CALGARY

Calgary in brief

ENGINEERS Engineers from more than 25 countries are converging in Calgary to discuss sustainable management of global natural resources. They will be making recommendations to political leaders and policy makers. Former Alberta premier Peter Lougheed will be the keynote speaker this morning.

CATS The MEOW Foundation is looking for more foster homes and donations, as the current homes are completely full with stray and abandoned cats. The foundation said that they usually see a dip in foster home applications and financial support at this time of the year. For more info call 403-230-6033.

SUITES With two secondary suites being applied for at council yesterday, council's differing outlooks on the suites were apparent. "We're encouraging secondary suites in our language and yet when it comes to actually approving them, we're making it as difficult as possible," said Ald. Druh Farrell.

PLAN-IT Ward 6 Ald. Joe Connally's bid to have fellow aldermen revisit some of the density targets and other measures in the Plan-It Calgary document was de-railed, with the suggestion added to the dozens of amendments already slated for the document.

ASTRONOMY The Telus World of Science and their International Year of Astronomy programs have been a huge success, they said yesterday. As of the beginning of July, over 50,000 Albertans have attended programs.

BREAKFAST The State of Texas, the U.S. Commercial Service and the American Chamber of Commerce in Calgary are organizing an event for companies interested in investing in and/or expanding to the United States. It is called the Texas Forum Breakfast and will take place July 23, from 7:30-9 p.m. at the Hyatt in Calgary.

METRO CALGARY

Couple win dream home

'I thought it was a joke,' says holder of Stampede lottery ticket

AMY GREGSON
for Metro Calgary



A phone call just after midnight yesterday awoke Candace Boychuk with good news.

Boychuk was told that her ticket was the winner for the Rotary Dream Home valued at more than \$785,000 in the 2009 Calgary Stampede Lotteries.

"I thought it was a joke," said Boychuk when she heard she had won.

"It still hasn't sunk in. It doesn't seem like it's real," she said later in the day.

Boychuk and her boyfriend bought the winning ticket last Tuesday as they were leaving the Stampede.

"We walked by the booth and thought we might as well buy one while we're here," she said.

Boychuk said they plan on living in the house, but have no idea what it looks like because they didn't visit



Candace Boychuk and Adam Paolucci have the winning ticket for the grand-prize custom-built home from the Stampede Rotary Dream Home Lotteries.

it the model at the grounds.

The 2009 Rotary Dream Home is a 2,283-square-foot home that is built in the southeast community of Walden.

Other prizes included groceries for life and six different vehicle packages, including different boats, motorcycles and cars, totalling more than \$1.8 million.

Proceeds from the tick-

ets sales will support charities throughout southern Alberta through the Stampede's service club partners, Kinsmen Club of Calgary, Calgary North Hill Lions Club, Rotary Club of Calgary South and the Calgary Marching Show Band Association.

largest prize, the Lions Lucky Loot with a grand total of \$300,000 cash.

Other prizes included groceries for life and six different vehicle packages, including different boats, motorcycles and cars, totalling more than \$1.8 million.

Proceeds from the tick-

Man arrested, charged in stabbing death

INVESTIGATION A suspect arrested for second-degree murder lived in the same building where James Dale Larter was killed, police said yesterday.

Police arrested and charged a man in connection with the city's 15th homicide stemming from an incident at an apartment in the 1000 block of 6th Avenue SW last Saturday, where police found 33-year-old Larter suffering from stab wounds. He died in hospital from his injuries two day later.

"The suspect" was arrested in the same building. (The victim) was found in the hallway," Homicide Staff Sgt. Doug Andrus said, adding the victim didn't live in the apartment.

"They were associates."

Andrus was tight-lipped on details but did say the suspect is before the courts on an unrelated matter and is known to police, though not to the gang unit.

Police charged Chang Yong Yun, 29, of Calgary with second-degree murder.

KRISTA SYLVESTER/METRO CALGARY

metronews.ca

What's online today.

Blogs It's Called Football show updates TFC's progress on signing Julian De Guzman and speaks to Colin Miller of the Victoria Highlanders.

Your Money Allan Small on how to seize the opportunity from the recent market pullback at metronews.ca /investing



Teams picked for home-building reality show



James and Nicola Mooney of the Yellow team square off against Krystle Cottrell and Vernon McCarty of the Blue team.

keep their home, mortgage free.

My Rona Home host Elis-

sa Lansdell woke the two lucky families before the television show yesterday morning and brought them into the Citytv studios for the announcement.

"It was hard, I had to kind of toy with them a bit when I was telling them, but when I told them they were chosen it was so much fun," Lansdell said.

For the blue team, Krystle Cottrell and Vernon McCarty were chosen. They have a two-year-old child. For the

yellow team, James and Nicola Mooney were chosen. They have a two-year-old and a three-month-old.

Both families agreed they were part of an "opportunity of a lifetime" by being chosen.

"It's just incredible," Cottrell said.

Cottrell will broadcast the show in the fall.

For more information visit citytv.com.

KRISTA SYLVESTER/METRO CALGARY



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As the city enters its fourth week without most municipal service, Toronto Mayor David Miller said yesterday he now feels the union is finally taking negotiations "seriously," CBC News Online reports. METRO NEWS SERVICES

Canada/World

News in brief

AWARDED He is no Mother Teresa, but Jean Chrétien now has something in common with the late nun of Calcutta. Queen Elizabeth II appointed the former prime minister of Canada to the Order of Merit yesterday — a rare distinction that has been conferred upon the likes of Florence Nightingale and T.S. Eliot. "What can I say?" Chrétien, 75, said yesterday. "I take it as a great compliment and I accept it with some humility. I did my job as best I could and Her Majesty was gracious enough to recognize that."

IMMIGRATION Canada is taking steps to dam the flood of asylum seekers entering the country from Mexico and the Czech Republic by slapping visa restrictions on visitors, Immigration Minister Jason Kenney has announced. The move is aimed at what the federal government believes are the thousands of bogus refugee claimants that have attempted to move to Canada from the two countries in the last few years, but was swiftly decried by both nations.

TORSTAR NEWS SERVICE

Family was wary of wife, says pal

Gatti's brother believed spouse 'set him up': Trainer

As news of champion boxer Arturo Gatti's death filtered out Saturday from the Brazilian resort where he had gone to meet his wife in an apparent attempt to reconcile a rocky marriage, his family members were paralyzed with shock, hoping it was a mistake.

But when Amanda Carine Rodrigues, 23, was charged Sunday with murdering her husband by strangling him with her purse strap, there was no surprise, friends of the family say.

Gatti's older brother, Joe, didn't mince words in speaking to boxing trainer Howard Grant on Saturday, before news of the murder charge broke.

"He said, 'I think his wife set him up. The woman

was no good,'" Grant said. Ivano Scarpa, a long-time friend who also spoke to Joe Gatti on Saturday, said both he and Joe Gatti thought it suspicious that the death occurred in Rodriguez's home country of Brazil. Gatti's financial success also gave them pause.

"The fact that they weren't on the best of terms, was it a smart move for him to have tried (to rekindle the relationship) again?" Scarpa said.

"It's a tough call, a question we were asking ourselves. We believe he shouldn't have gone down. But when there's love — she's also the mother of his son."

Rodrigues denies being involved in her husband's death.

TORSTAR NEWS SERVICE

Service Canada Centre for Youth Centre Service Canada pour jeunes

The Service Canada Centre for Youth in Calgary invites you to its Youth and Volunteer Fair.

When: Thursday, July 16, 2009
5:30 p.m. to 7:30 p.m.

Where: Kahanoff Centre
1202 Centre St. SE, Suite 201
Calgary, Alberta T2G 5A5

Who: Employers and youth between the ages of 15 and 30.

Why: Come check out all the volunteer opportunities in Calgary and get information on Government of Canada youth programs and services.

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Le Centre Service Canada pour jeunes de Calgary vous invite à la foire des jeunes et des bénévoles.

Date : Le jeudi 16 juillet 2009
De 17 h 30 à 19 h 30

Lieu : Kahanoff Centre
1202, rue Centre S.-E., salle 201
Calgary (Alberta) T2G 5A5

Participants : Employeurs et jeunes de 15 à 30 ans.

Objectif : Venez vous renseigner sur les occasions de bénévolat à Calgary ainsi que sur les programmes et services offerts aux jeunes par le gouvernement du Canada.

For more information:
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Call / Composez 1 800 O-Canada (1-800-622-6232)
(TTY / ATS : 1-800-926-9105)
Visit / Visitez a Service Canada Centre for Youth
un Centre Service Canada pour jeunes

Appelez-nous au 403-292-4001 pour vous inscrire dès maintenant!

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Renewed unrest in Xinjiang

CHINA Chinese police shot dead two people yesterday in renewed unrest in the northwestern region of Xinjiang, state media said, after at least 184 people died in riots last week.

The official Xinhua news agency said the two people killed in the regional capital Urumqi were Uighur. Police were trying to stop them attacking another Uighur when the security forces opened fire, the report said. Another Uighur was injured. Of the official death toll from the July 5 riots, 137 were Han Chinese, who form the majority of China's 1.3 billion population, and 46 were Uighur, a Muslim people native to Xinjiang and culturally tied to Central Asia and Turkey.

Uighurs attacked Han Chinese in Urumqi that day after police tried to break up a protest against fatal attacks on Uighur workers at a factory in south China. Han Chinese in Urumqi launched revenge attacks later in the week.

REUTERS



Police watch an ethnic Uighur woman and her son cross the road near where an incident involving a group of ethnic Uighurs and Chinese soldiers occurred a few hours earlier in Urumqi yesterday.

Germany charges accused Nazi death camp guard

WAR CRIMES German prosecutors charged suspected Nazi death camp guard John Demjanjuk yesterday with helping to kill nearly 28,000 Jews in the Second World War, setting the stage for what could be Germany's last big Nazi war crimes trial.

Demjanjuk was stripped of his U.S. citizenship after he was accused in the 1970s of being "Ivan the Terrible," a notoriously sadistic guard at the Treblinka death camp. He was extradited to Israel in 1986 and sentenced to death in 1988, but Israel's Supreme Court overturned his conviction when new evidence showed another man was probably "Ivan."

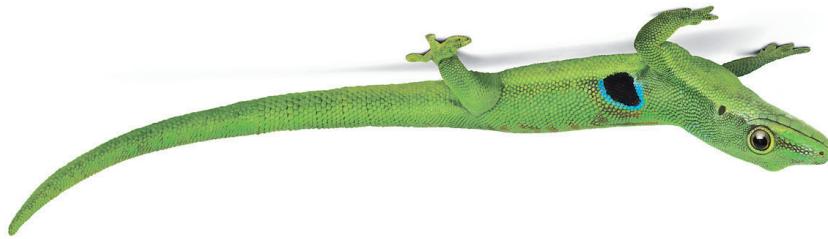
The accused regained his citizenship, but the U.S. Justice Department refiled its case against him in 1999, arguing he had worked for the Nazis as a guard at three other death camps. His citizenship was stripped from him again in 2002.

DAVID GRAY/REUTERS

News in brief

AFGHANISTAN Vowing to win insurgents over to the political process, Afghan President Hamid Karzai flew to the Taliban heartland of Kandahar yesterday on his first major campaign tour for next month's presidential election. **U.S.** Republican lawmakers pressed an attack against U.S. Supreme Court nominee Sonia Sotomayor yesterday, fighting an uphill battle to derail her nomination by President Barack Obama as the first Hispanic justice on the top U.S. court. Sotomayor was widely expected to win confirmation on the ideologically divided nine-member court which rules on key constitutional issues.

REUTERS



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Comment

Order not without merit for Chrétien

National Report



metronews.ca/nationalreport

The online comment boards lit up yesterday with news the Queen was bestowing the highly prestigious Order of Merit on Jean Chrétien.

Many wondered how the monarch could do such a thing? You're getting senile, Queenie, they said. The guy was a political Spavano. Got lucky because he had no opposition.

As with so many political careers, you can fashion your rating for Chrétien by selectively choosing either the negative or positive.

The negative? The sponsorship scandal, Shawinigate, GST flip-flopping, the gun registry fiasco, mili-

tary helicopters, the APEC controversy, his pedestrian manner, his overcentralizing of power, his being hounded out of office by his own party. Fixate on these, and you've got a loser. Yep, the Queen has gone batty.

The positive? Balancing the terribly-red books, leaving the economy in great shape, pushing back separatism with the Clarity Act, telling George W. Bush where to get off on Iraq, defending the ordinary

people against corporate interests, winning three straight majority governments. Fixate on these — and it's a different story.

Chrétien was a narcissistic politician who viewed politics as sport. For him, it wasn't about ideals so much as the ego-gratification of winning. At the same time, he was a leader of conviction with rock-hard Canadian values. He hated ideology because "when you're doctrinaire, you're always looking to

justify your doctrine." He never liked the rich because the rich, he said, always wanted more. "It's very dangerous," he said once, "when you find comfort with the big shots."

He was a consolidator, not an innovator, a pragmatist, not an intellectual. He mingled with the elites but down deep was never one of them.

He bore grudges. Offend him and he would take you down. But Jean Chrétien loved the country and

wasn't dour or mean-spirited. At root he was a bullish champion of salt-of-the-earth Canadian values.

Despite all his shortcomings, this is where his significance lies. Through four decades in the political maelstrom, he stood up for what this country means like few others ever have. For that he is deserving of high honours.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Time to clean the slate on land treaties



Bernd Christmas

Canada's constitution of 1867 and the 1981 Charter of Rights are old pieces of paper. Old documents that have no meaning in today's age. We should rid ourselves of these and start over.

Prepare the ramparts, it's go time!

Logic would say it doesn't make sense. Our societal and legal foundations come from these writings. No one would question the need for a system that keeps order and ensures that our collective and individual human rights are upheld.

So why is it a different set

of rules when it comes to dealing with the legitimate land claims of our approximately 1.5 million Aboriginal Peoples? People that have been on this land mass for thousands of years. People that have been displaced and forced onto parcels of land called "reserves."

Around the late 1960s, Aboriginal Peoples began to place legitimate land claims before the government of Canada. Those claims now total 1,046, only 272 of which have been settled since 1972. While government position has progressed, the basic premise is this: Any claim must first be approved by the government before it can proceed.

Does that make sense? For example, if you want to remove burglars from your

Focus On First Nations

Editor's Note: This is the first of a series of columns focusing on First Nations and Aboriginal issues leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

house, then you call the cops. Land claim policy is the opposite. In the case of your home, you would first have to ask the burglars if it's OK to call the cops!

The issue is that we believe our system of law is there to protect us. So we must ensure that all people are protected, including Aboriginal Peoples.

Land claims must move forward in a legitimate and effi-

cient manner. They can't be slowed down by governments that are afraid that the use of those old sacred treaties signed by chiefs with European monarchs is a waste of time, too costly, and meaningless. Treaties are the most sacred form of recognition between two parties. If Canada is a democracy, then elected leaders must clean the slate with the Aboriginal Peo-

ples.

The government apologized to Aboriginal Peoples who endured the brutality of residential schools. Why can it not apologize and own up to the treaties signed by previous governments?

Bernd Christmas is a Mi'kmaq lawyer practising Aboriginal and corporate law with the Bernd Christmas Law Group in Toronto.

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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McGraw-Hill looking to sell BusinessWeek: Source

McGraw-Hill is trying to sell BusinessWeek magazine, a source told Reuters yesterday, at a time when media advertising sales are slumping and would-be buyers for newspapers and magazines are scarce. McGraw hired boutique investment bank Evercore Partners Inc. to manage the sale, said the source. **REUTERS**

Business



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Missing Montreal financier's clients stunned

Scott Hallman, 27, was driving home to Kingston, Ont., on Friday when he heard a report on the radio that a Montreal area financial adviser had gone missing and his firm's assets were frozen.

Hallman thought it

might be a mistake. But he knew it was for real when he stepped in his house and his mother asked if he'd heard the news about Earl Jones.

Authorities allege that Jones, through his firm, Earl Jones Consultant &

Never licensed

- Investors are now learning that Jones was never licensed to handle money from investors.

Administration Corp., was

operating a multimillion-dollar Ponzi scheme worth between \$30 million and \$50 million. Quebec's stock market regulator, L'Autorité des marchés financiers, froze Jones' bank accounts last week but little remained.

Authorities still have not been able to locate Jones. His clients are mostly from the Montreal area, but also reside in other parts of Ontario and the U.S., authorities say.

Investors and their families are reeling from the

shock. "I may not be able to return to university in September," Hallman said in an interview yesterday.

Montreal police said yesterday they would like to hear from anyone who gave money to Jones.

TORSTAR NEWS SERVICE

Microsoft to move Office suite to web

TECHNOLOGY Microsoft Corp. will release three versions of its dominant Office software that users can access over the web, catching up with products that rival Google Inc. launched three years ago.

It is the latest salvo in an intensifying war between Microsoft and Google, which announced plans last week to challenge Windows with a free operating system. Microsoft introduced a new search engine, Bing, last month.

"Microsoft is finally

making the conversion to the web-based world. First, we saw that through Bing. Now we are seeing that through Office," said

Jeffries & Co. analyst Katherine Egbert.

Microsoft will offer for free to consumers web-based versions of its Office programs, including a word processor, spreadsheet, presentation software and a note-taking program.

Microsoft will also host one business version of Office at its own data centres, charging companies a yet-to-be-announced fee. Companies with premium service contracts can run a second web-based version from their own data centres at no extra cost. The company hopes to make money by using the free software to lead users to its ad-supported websites, including Bing.

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Economy to grow in 2nd half: Report

RECESSION The Canadian economy will begin growing again in the second half, boosted by global stimulus efforts, but the pace will be sluggish, the Conference Board of Canada said yesterday.

The research group forecast the country's GDP would fall by 1.9 per cent for the year, a slight revision downward from the 1.7 per cent decline it forecast in April. It expects the economy to grow 2.7 per cent next year.

The group predicted the Canadian economy will follow the lead of the U.S., which it also expects to grow in the second half. But it warned that the effects of the recession will linger into 2010 and recovery will be slow.

The federal government has said it expects to have a \$50 billion deficit in the current fiscal year, in large part because of stimulus spending.

REUTERS

New York Double-doubles in the Big Apple



Strike begins at Vale Inco mines

LABOUR Unionized workers at Vale Inco's nickel mine in Sudbury and its nickel refinery in Port Colborne, both in Ontario, went on strike at midnight yesterday, after rejecting the company's contract offer over the weekend.

The strike won't have any immediate impact on nickel output because Vale had closed the Sudbury

mine through the end of July because of low nickel prices.

Negotiations between Vale Inco — the nickel mining and processing division of Brazil's Companhia Vale do Rio Doce — and its Sudbury union broke down as the two sides failed to agree on bonuses, pensions and other issues.

REUTERS

Business In brief

AIRLINE Pilots at Air Canada have narrowly voted in favour of a 21-month work and pension agreement, the union said yesterday. The airline has said lenders want labour peace before they will consider new loans to the carrier, which needs \$600 million in order to stave off its second bankruptcy filing in six years.

BAIL Former Stanford International Bank chief financial officer James Davis was granted \$500,000 US bail yesterday and plans to plead guilty to charges related to an alleged \$7 billion US Ponzi scheme as early as next week, his lawyer said.

REUTERS



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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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**Alison's
Money
Rule:**

simple query. What the heck is this product anyway?

The lesson to be learned here is to ask questions about your investments.

Don't have any, you say?

If you have an RRSP, RESP, TFSA (Tax Free Savings Account) or RDSP (Registered Disability Savings Plan), then you are an investor. And it's critical to understand what you're buying for any of these accounts when you make your contributions.

The only way to do that is to ask questions.

There's no such thing as a stupid one, by the way. Not all salespeople will understand everything they sell but the good ones won't cover it up by offering some version of, "My firm believes it's a good investment," all dressed up with confusing jargon.

One of the best ques-

- When it comes to investing your money, there's no such thing as a stupid question.

tions to ask is about the potential for loss in worst case situations such as March 2009 or November 2008 when the markets posted record lows.

For example, many bought hedge funds thinking

they were essentially virtually risk-free GICs. With a clear picture of the downside I doubt whether the average person would have touched them.

The bottom line is that if you don't thoroughly understand an investment product — walk away. You would be better off parking your money in a safe and sound bond or GIC than risk losing it on something you don't comprehend.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Lemaire deals with the Devils

Jacques Lemaire is returning for a second stint as coach of the New Jersey Devils. Lemaire led the Devils to the Stanley Cup in 1995. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Doc gets the nod

Jays ace Halladay to start all-star game for A.L.

Toronto Blue Jays ace Roy Halladay and San Francisco Giants righty Tim Lincecum have been selected as the starting pitchers for the 2009 all-star game tonight at Busch Stadium in St. Louis.

American League manager Joe Maddon of the Tampa Bay Rays and National League skipper Charlie Manuel of the World Series champion Philadelphia Phillies made the announcements at a news conference yesterday, also laying out the starting lineups for their respective teams.

"It's very difficult to pick that one guy," Maddon said about choosing the starting pitcher, adding Kansas City's Zack Greinke was also part of the mix. "It's not an easy decision to make. Based on this season and the body of

work, I thought he deserved the nod."

Halladay has been rumoured to be on his way out of Toronto, as Blue Jays general manager J.P. Ricciardi recently indicated that he would be willing to deal his top pitcher for the right package.

"It's tough," Halladay said about the subject of trade rumours. "It's somewhere I en-

"When you do get a chance to be that first one out, it's special."

Roy Halladay

joy being, but it's what's going to be best for the organization. It has been tough because I enjoy Toronto so much."

The 2003 AL Cy Young winner, Halladay owns a record of 10-3 with a 2.85 earned run average in 17 starts this season. He spent some time in June on the 15-day disabled list with a strained groin and is 0-2 in three starts since returning from the injury.

Halladay becomes the third different Blue Jay to start an all-star game, joining David Wells in 2000 and Dave Stieb in 1983 and '84.

"When you do get a chance to be that first one out, it's special," Halladay said. "It doesn't happen very often. It's a special feeling."

METRO NEWS SERVICES

Roy Halladay

Prince crowned king at home run derby

BASEBALL Milwaukee first baseman Prince Fielder captured the 2009 Home Run Derby, beating Texas outfielder Nelson Cruz in the final round last night at Busch Stadium.

The 25-year-old Fielder became the first player from the Brewers to win the competition, held in advance of today's all-star game. He had six homers

in the final round to five for Cruz.

Fielder, who will be on the field today as an all-star for the second time in his career, participated in the 2007 Derby and was eliminated in the first round. He has already established a new franchise record with 78

RBI prior to the All-Star break, and showed great power with his left-handed swing last night, clubbing the longest homer, measured at 503 feet in the second round.

"I was just happy to be able to put on a show and glad I won," said Fielder.

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Sports in brief

TOUR DE FRANCE Alberto Contador shrugged off Lance Armstrong's talk of tensions within the Astana team, saying yesterday he would let nothing distract him on his quest for a second Tour de France victory. Seven-time champ Armstrong said Sunday that having two strong co-leaders on the team was not without its problems.

TENNIS The WTA Tour has named Welland, Ont., native Stacey Allaster as its new chairman and chief executive officer. Allaster has been the president of the women's professional tennis circuit since 2006. In her

new post, Allaster succeeds Larry Scott, who left the WTA to become the commissioner of the Pac-10 conference.

DEFECTED Cuban pitcher Aroldis Chapman, who defected from the Caribbean nation earlier this month after arriving with his national team for a tournament in the Netherlands, has signed with an agent. If Chapman follows the path of previous Cuban baseball players who defected, he would establish residency outside the U.S., and become a free agent.

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How big is your love?

Married people more likely to gain weight: Study

The J Spot

Josey
Vogels

metronews.ca/thejspot

Seems that old adage about people "letting themselves go" after marriage is true.

Research out of the University of North Carolina recently published in the journal *Obesity* followed 6,949 U.S. adolescents into young adulthood and found that those who married were more than twice as likely to become obese than those who just kept dating.

It isn't surprising that people put on weight once married. Instead of scarfing down a frozen Lean Cuisine before rushing out to meet your Monday night Singles' Rock Climb-

"Obviously, we fall in love with a person, not their size but to deny that part of what drew you to your partner was their physical appearance is naïve."

ing club, once married, you're more likely to sit down to a full meal together followed by a night in front of the TV, scarfing down a bag of potato chips while the svelte couple in your wedding portrait mocks you from the mantle piece.

Obviously this isn't an issue for many couples — just more to love, right? — but, as wonderful as it is to love and accept each other no matter what, it seems to me many people use this as an excuse to stop loving themselves.

And before you get on my case and think I'm implying that you can't love yourself if you're heavy or that you can't love and accept someone else who's heavy, I'm speaking more

specifically about people who don't start marriage that way.

According to this study, controlling your weight in a relationship can be tough and even cause strain in the relationship.

For example, if your partner is constantly bringing home junk food when he or she knows you're struggling with your weight it can make you feel resentful and unsupported.

Or, in some cases, if one partner manages to lose weight and get in shape, the heavier partner can sometimes feel threatened and insecure.

Asking a partner to lose weight will only make them feel defensive and ultimately less motivated

anyway.

So what do you do? Simply accept it as part of married life?

Obviously, we fall in love with a person, not their size but to deny that part of what drew you to your partner was their physical appearance is naïve.

If their looks change significantly during your relationship or marriage, isn't it also naïve to think this won't have an effect on your relationship?

What do you think? How would you feel if your partner gained a lot of weight? Would you say anything? If you and your partner have both gained weight, has it affected your relationship?

Go to Josey's *Sexcetera* blog at metronews.ca/blogs and let us know how you feel.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

No shortage of trade schools

JOEL MESSNER
for Metro Calgary

Calgarians have no shortage of trade schools to choose from.

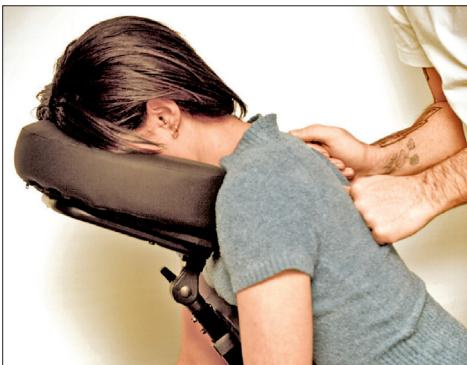
In Alberta, tradespeople learn their skills through a combination of working in the industry with a qualified Journeyman, and through technical training, according to the Southern Alberta Institute of Technology.

SAIT, which is one of the most popular trade schools in Calgary, offers specialized training in a number of different trades including diesel equipment technician, process piping drafting, railway conducting and dental assistant.

With specialized training in a total of 30 different trades, SAIT offer some of the most trades training in the city. The school is renowned for its training expertise spanning the trades as well as its curriculum development, which is supported by partnerships with business and industry to ensure graduates have the skills and knowledge required.

Calgary also has several specialized massage schools, including the Canadian College of Massage and Hydrotherapy, Foothills College of Massage Therapy and Professional Institute of Massage and Fitness.

If driving seems like a trade you'd like to enter in-



There are several specialized massage schools in Calgary.

to, more than one option is available: W.T. Safety Truck Driving School, CCA Truck Driver Training and A Driving School.

Hairstyling is another popular trade and Calgary does offer a number of specialized schools for those who want to venture into that field; some of the schools are DelMar College

of Hair Design and Zeneba Academy of Esthetics.

Calgarians also have online alternatives when it comes to learning a trade. Schools such as ICS Canada and Ashworth College can teach students aircraft mechanics, appliance repair, automotive mechanics, locksmithing, pet grooming and motorcycle repair all via online education.

When it comes to apprenticeship training, it appears as though SAIT is a Calgarian's best bet.

To become a Journeyman you must first find an employer willing to apprentice you. Then, you must register with Alberta Apprentice and Industry Training and work a set number of hours.

SAIT will then provide you with the technical training you need to head into your first apprenticeship.

Earning a career in esthetics hard work

AMY GREGSON
for Metro Calgary

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worse thing about the esthetics industry is that people teach bad habits.

"You can really hurt people in this industry, so it's important that girls get educated."

As a full-fledged esthetician, Ames is able to give manicures, pedicures, skin care, hair removal, the art of threading, electrolysis and cellulite treatment, just to name a few.

Ames said the best parts about being an esthetician is that it's a very relaxing environment, you never have to pay for treatments again and you bond with the women you meet.

It also allows Ames the flexibility to have an income no matter where she is in the world or if she becomes a mother.

If you're thinking of becoming an esthetician, Ames offers the following advice: Be a people person who is willing to take chances and take hold of your own destiny, as well as investigate in the industry before you begin.

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Harry Potter midnight screening

There will be a special Harry Potter and the Half-Blood Prince screening at midnight tonight at Crowfoot Crossing, Empire Country Hills, Empire MacLeod Trail, Scotiabank Chinook and Sunridge Spectrum theatres. For the review and screen times, read tomorrow's Metro. **METRO NEWS SERVICES**

**Ryan's big raise**

According to the Hollywood Reporter, Ryan Seacrest has signed a deal worth \$45 million US to continue hosting American Idol for the next three years, more than tripling his old salary. **POPEATER.COM**



Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Dead Weather goes with the music

BRYAN BORZYKOWSKI
For Metro Canada

If anyone deserves the title "busiest musician in showbiz" it's Jack White. Besides fronting The White Stripes, the prolific artist is a producer, a record store owner and the guitarist and singer in the Raconteurs. So when White started yet another project, even he was surprised.

"I wasn't expecting to be in a new band on another tour," says White before a gig in Toronto. "Last fall I had an empty calendar. I can't believe what has happened in the last six months."

What's happened is The Dead Weather, a sludgy garage blues rock band that features The Kills' Alison



The Dead Weather is equal parts The White Stripes, Queens of the Stone Age, The Kills and The Raconteurs but their sound is unique, says drummer Jack White.

Mosshart on vocals, Queens of the Stone Age's Dean Fertita on guitar, Raconteurs' Jack Lawrence on bass and White on the skins.

It's a supergroup to be sure, but unlike, say, Velvet Revolver, the foursome isn't doing this to make a quick buck. The reason they formed the band, says

White, is because the music told them to.

"I do believe the music tells you what to do," he explains. "If the songs didn't emerge they wouldn't have told us to form a band. We're busy. We're not looking for something fun to do. There was a direct need to create these songs."

You can't just chalk this band formation up to some musical spirit having its way with the group — it helped that White became friends with Mosshart after the Kills opened for the Raconteurs.

Soon enough the friendship blossomed into a musical partnership when, on

one alcohol-fuelled night, the two songwriters, along with Fertita and Lawrence, recorded Gary Numan's Are Friends Electric. About 12 hours later they had written four other songs.

"We just kept writing," says Mossart. "It was really a massive accident. We had so many songs that we really loved and we were having such a good time."

There's no question that these swampy goth-rock songs are fun, but they're no White Stripes or Kills. White admits that it might be difficult for people to get that this new band is different.

"If you put musicians in bands together people think the new group should therefore be better than the best Queens, Stripes and Kills songs put together," says White. "It's

impossible for fans not to have these preconceptions. I imagine it will take a couple listens to clear their head."

White also points out that just because this group doesn't sound quite like their other acts, doesn't mean The Dead Weather went into the studio consciously trying to create a new sound.

"It's very hard for people not to think it's pre-meditated and talked about," he says. "But, if we sat down and said who should be in this band, it would have been something else. If you go into it thinking I like this one Missing Persons album or I like this Frank Zappa record then maybe you'll get something, but it won't make sense. If it doesn't come naturally than it's not worth doing."

A&E's Jackson family reality show in limbo

SHOW A&E is working on a reality project with the Jackson family that could gain newfound viewer interest in the wake of the King of Pop's death.

The network commissioned a one-hour special following Jackie, Tito, Jermaine, Marlon and Randy that was originally intended to serve as a "backdoor pilot" for a potential series. After Michael's unexpected death last month and subsequent intensive media coverage, the question for A&E becomes: What now?

"We are respecting the family's wishes right now, and at the appropriate time we will all decide what direction this program to take, so stay tuned," said A&E executives.

REUTERS

GlobalStyle

Kenya Hunt



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- 371 5 KXLY	4 News at 6		4 News at 6:30		Entertainment	The Insider (N)	The Superstars (N)		Better Off Ted		Scrubs
245 306 6 CBRT	Coronation St.		Jeopardy! (N)		Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
244 338 7 CICT	ET Canada		Entertainment		NCIS		NCIS "Love & War"		Big Brother 11 (N)		News Hour
246 - 8 CKAL	Law & Order: SVU		Man Tracker		Man Tracker	According-Jim	According-Jim		Murdoch Mysteries		Your City
219 705 9 CBXFT	Des squelettes		Tout		Beautés désespérées (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou		Le Téléjournal et Les Nou		TJ Alberta
- - 10 Shaw	(6) Local Programming						Local Programming				
- 372 12 KREM	News (N)		Hollywood		The Doctors		NCIS "Love & War"		Big Brother 11 (N)		48 Hr. Mystery
- 374 14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)				Nova scienceNOW (N)		Wild Lives		Oklie Noodling
502 390 31 CBC	CBC News: The National		Mad, Bad & Ugly Drivers				CBC News: The National		CBC News: The National		Drivers
- 370 16 KHQ	News (N)		Be-Millionaire		Jeopardy! (N)	Wheel of Fortune	America's Got Talent		America's Got Talent (N)		Law/Ord SVU
119 22 KAYU	(6) MLB Baseball All-Star Game. (HDTV) (Live)						According-Jim	King of the Hill	The Simpsons	Raymond	News (N)
297 652 37 WPIX	Hitched or Ditched		PIX News at Ten Tong.				Two/Half Men	Friends	Sex and City	According-Jim	Frasier
500 500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)						Larry King Live		Cooper 360
500 502 31 CNN2	Jane Velez-Mitchell		Nancy Grace				Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
400 401 21 TSN	(6) World Poker Tour		SportsCentre (HDTV) (Live)				In This Corner		Premier League Poker III (N)		Premier Poker
408 418 27 net	(6) MLB Baseball All-Star Game. From Busch Stadium in St. Louis.						Sportsnet Con.		Sportsnet Connected		MMA Conn
410 403 30SCORE	Poker		Final Score		Final Score		Final Score	Final Score	Final Score	Final Score	Final Score
411 457 44 OLN	(6) Cycling Tour de France -- Stage 10.						Cycling Tour de France -- Stage 10. From Limoges to Issoudun.				
417 406 48 SPEED	Super Bikes!		Super Bikes!		Drag Race	Drag Race	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!
552 543 20 YTV	iCarly		iCarly		Family Biz	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
557 541 39 FAM	Zoey 101		Life Derek		Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
555 545 67 TON	Ben 10		Johnny Test		Jimmy Two	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken	Reba
575 583 11 CMT	Reba		Reba		Hope & Faith	Hope & Faith	Ultimate Garth: Hits	Home Improve.	Home Improve.	Home Improve.	Reba
553 546 17 TREE	Little Bear		Maggie-Beast		Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
- - 18 CHTV	The Insider (N)		El News		Ruby	Ruby	Taking It Off		Better Off Ted	Rocker Moms	News (N)
505 398 19 TWN	(5) EarthWatch One		EarthWatch One				EarthWatch Two				
606 568 23 W	Style by Jury		Style by Jury		Friends		Style by Jury	Style by Jury	Style by Jury	Confessions	
521 560 24 TLC	18 Kids-Count		18 Kids-Count		Little Couple	Little Couple	18 Kids-Count	Little Couple	Little Couple	Stager	
603 561 25 FOOD	Hell's Kitchen		Good Eats		Good Eats	Good Eats	Iron Chef America		Unwrapped	Unwrapped	Iron Chef Am.
615 520 26 A&E	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)				The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
617 522 32 SHOW	Trailer Park		The Outer Limits				Painkiller Jane		The Haunting of Scary Row (2007)		
601 562 33 SLICE	Rich Bride, Poor Bride		Rich Bride, Poor Bride				ET Canada	Til Debt-Part	Real Housewives OC	Trading Sp	
- 633 34 EN2	Bustin' Loose	(7.25) The Wrong Guy ** (1998, Comedy)			MANswers	MANswers	Dog Day Afternoon **** (1975, Crime Drama) Al Pacino.		Donne Brasco		
520 505 35 DISC	Destroyed		Destroyed		Deadliest Catch (N)		Daily Planet		Destroyed	Destroyed	Deadliest
620 523 36 BRAVO	Crossroads of Rock 'N' Roll		Bravonews		Numus		Headline	Market Call	Without a Trace	Without a Trace	Wit (2001)
290 560 40 WPCH	Twister *** (1996, Action) Helen Hunt, Bill Paxton.						Seinfeld	Steve Harvey	Donne Brasco (1997, Crime Drama)		
626 547 41 COM	Laughs		Comedy Now		Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	Hot Box (N)	
- 539 42 TCM	(6) The Last Hunt				Gun Glory ** (1957, Western), Chill Wills		(9:45) The Wild North ** (1952, Adventure)				
628 584 43 SPIKE	Ways to Die		Ways to Die		MANswers	MANswers	CSI: Crime Scene Invstgn.		Ways to Die		
522 516 45 HIST	To Build a Nation		NCIS "Singed Out"		Lost Worlds		To Build a Nation		NCIS		
627 528 46 SPACE	Torchwood		Watchmen		Watchmen	SG-1	Star Trek: Next Gener.	Judging Amy	Trek: Voyager		
- - 47 AMC	(6) Rio Bravo *** (1959, Western) John Wayne.				Two Mules for Sister Sara *** (1950, Western) Shirley MacLaine.						
619 525 49 TROP	North of 60		Power Play "The Truth"				Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy
600 564 50 YTV	SarahCottage		House Hunters		House Hunters	Holmes on Homes	SarahCottage	Genevieve	HGTV's Top 10		
501 391 52 CTV	CTV News Tonight		News		News	CTV News	News	CTV News	News		
504 508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play		
526 507 92 VIVA	The Closer "Overkill"		Ghostly Enc.		In Dreams	Psychic Inv.	Encounters	Judging Amy	Missing		
269 350 93 APTN	Wings-Canada		Tears		Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts	Moccasin Flats
- - 507 46 (3:30) News			Banquet		Kingdom-Wind	Il Caffe	In Germany	Euromaxx	Schauplatz		
571 581 100 MMM	I'm a Celebrity, Get Me Out.		Entourage		Gene Simmons	The Daily Fix	I'm a Celebrity, Get Me Out.		Entourage		
570 580 101 MM	Greek		Video on Trial		disBand	One Tree Hill	Greek		MuchVibe		
581 566 102 MTV	Super Sweet		Run's House		Run's House	MTV Live	After	Living on Edge	Living on Edge	Run's House	

critics' corner**Being Erica**

All it takes is one intimidating person to make someone leery of standing up for herself. In this episode, Erica has a new boss who's a real bully. To help her gain the confidence to confront him, Dr. Tom sends her back to university for a do-over with a fearsome professor in "The Secret of Now." 9 PM on CBRT

**Harold and Maude**

Director Hal Ashby's dark 1972 comedy is the kind of movie you want to sit all your friends down to watch. Bud Cort and Ruth Gordon play the title characters, a death-obsessed young man and a 79-year-old woman who teaches him to love life. Awesome performances all around and a memorable Cat Stevens soundtrack. 4:15 PM on TCM

Law & Order: Special Victims Unit

While investigating a triple murder, Detectives Benson and Stabler discover that one of the victims had been working at a strip club run by former Radio City Music Hall Rockette Birdie Sulzway, who tries to pitch in with her nephew to help solve the case, but the investigation takes an odd turn when the chief suspect suddenly dies in "Ballerina." 9 PM on CFN: 11 PM on KHQ



Kate Moss is set to launch a \$1.5-billion-US business empire with music mogul Simon Cowell and businessman Sir Philip Green, femalefirst.co.uk reports. The power trio hopes the new company will be able to compete with Disney. METRO NEWS SERVICES

Kate's in business

Celebrity Buzz

Posh is gunning for Sex and the City sequel role

JUST WANTS TO ACT

Victoria Beckham is busy brushing up her acting skills in the hopes of landing a part in the next Sex and the City movie, according to the Daily Mail. Beckham wanted to take part in the first film, but the Spice Girls reunion tour schedule



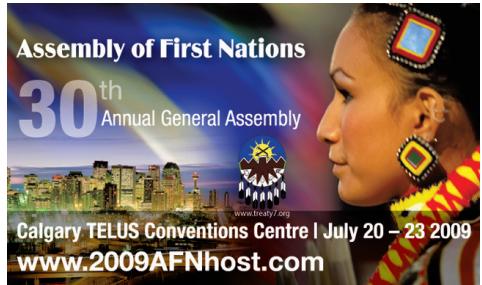
made it impossible. "She really wanted to be in the last movie but wasn't able to," a source tells the Daily Mail. "This time she's keen to take part." Beckham had a cameo on Ugly Betty in 2007.

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metro

Longoria likes it when Tony ties her up

LEISURE PURSUITS

Eva Longoria Parker likes being tied up during sex, femalefirst.co.uk reports. The Desperate Housewives actress, who's married to basketball star Tony Parker, has revealed her most satisfying lovemaking sessions involve her being restrained in the bedroom. She revealed: "I'm not averse to being tied up with silk scarves. I like a man to take charge. There's something very sexy about being submissive."

As part of Cosmopolitan

magazine's Best Ever Sex survey, Kirsten Dunst also revealed she once had sex in a store changing room with actor Jake Gyllenhaal.

Former Spice Girl Mel B revealed her husband, film producer Stephen Belafonte, is the only person she has ever been in a relationship with who could match her sex drive. She said: "I know I'll always be faithful to Stephen because I've never met anyone before him who is sexually on a par with me."

METRO NEWS SERVICES



Rachel's vocal cords get sliced and diced

ALTERATIONS After years of putting surgery off, TV host Rachael Ray has gone under the knife to repair her vocal cords, popeater.com reports. People magazine learned that Ray underwent the procedure last week. "Rachael decided to have a benign cyst removed from her vocal cord," said her rep. METRO NEWS SERVICES

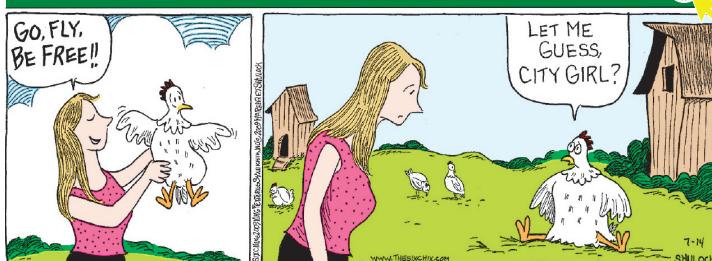


Lonesome Leonardo chats up the chicks

PLAYAS Leonardo DiCaprio, who recently split from model Bar Rafaeli, has been spotted at New York watering holes "with a bunch of dudes, talking to girls," sources tell Page Six. DiCaprio and "a crew of guys" were seen enjoying the company of "two stunning mystery females" at the Knave bar in Le Parker Meridien in midtown.



ComicsOnline



For more cartoons, visit metronews.ca

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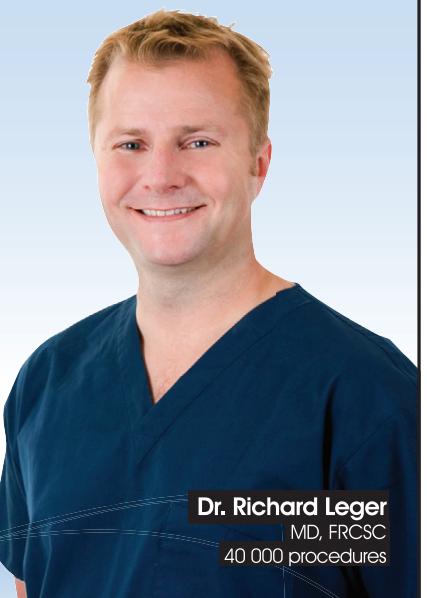
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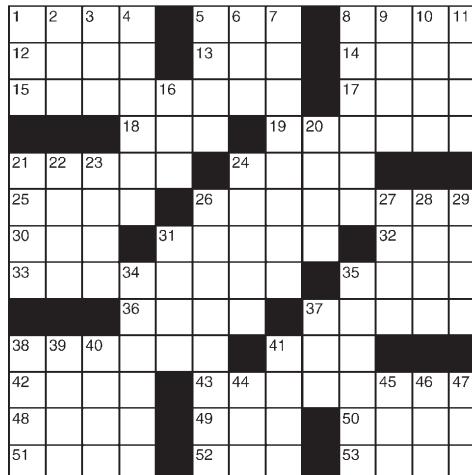


Andrew Schultz, Weather Specialist – Breakfast Television
 "I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



entertainment 15

Take Five**Crossword across**

1 Soother 32 Pi follower
 5 Vacationing 33 Bible
 8 Cavort 35 On in years
 12 Concept 36 Wriggly swimmers
 13 Island souvenir 37 Travelocity mascot
 14 Ontario neighbour 38 Old Portuguese money
 15 Welcome information 41 Crone
 17 Confront 42 Body powder
 18 Coffee holder 43 "I hope you succeed"
 19 Semi, e.g. 48 Lotion additive
 21 Pie nut 49 Anger
 24 Slender 50 Needle case
 25 Destroy 51 Stamina
 26 Bargain 52 Letterman's network
 30 A Gershwin brother 53 Exemplar of 24-Across
 31 Houston hockey team

Crossword down

1 Ginormous 26 Re earth science
 2 Commotion 27 Therefore
 3 Zodiac cat 28 Throat sound
 4 Nut 29 Prospector's find
 5 Couturier Cassini 31 Sleeping
 6 Not a lot 34 Low cards
 7 End of the line? 35 User of 7-Down
 8 Money back 37 Peregrinate
 9 Exam format 38 List-ending abbr.
 10 Sightless trio of rhyme 39 Post-Christmas event
 11 Equal 40 Stop up
 16 Sister 41 Weeding tools
 20 Helps 44 Sphere
 21 Overly proper one 45 Multipurpose truck
 22 38-Across' replacement 46 Prompt
 23 "Arrivederci" 47 Youngster
 24 Barcelona bulls

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
 Under 13 minSmart
 13-17 minGenius
 21-25 minNot bad
 25+ minKeep practising

Metro Recipe of the Day**Chicken Strips with Garlic Sauce****INGREDIENTS:**

1 lb (500 g) boneless, skinless chicken breasts
 4-6 cloves garlic
 2 tbsp (25 ml) Dijon mustard
 1 tbsp (15 ml) tomato paste
 2 tbsp (25 ml) wine vinegar
 4 tbsp (60 ml) chicken stock or water
 4 scallions
 2 tbsp (25 ml) olive oil
 1/2 lb (250 g) vermicelli
 Salt and black pepper
 2 tsp (10 ml) cornstarch
 3/4 cup (175 ml) table cream

METHOD:

1. Put pot of water on to boil for vermicelli. Cut chicken breasts diagonally into long, thin strips.
2. Peel garlic and crush into bowl. Stir in mustard, tomato paste, vinegar and stock or water.
3. Rinse and dry scallions. Holding them together firmly, slice green parts finely and push to one side, then slice white parts finely and keep separate.

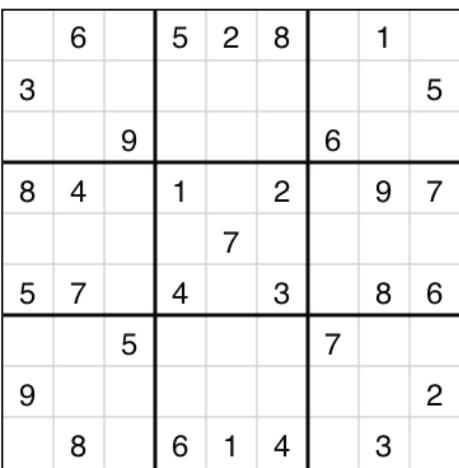
4. Heat 1 1/2 tbsp (20 ml) oil in frying pan over high heat. Stir-fry chicken 1-2 minutes, until white.
5. Stir garlic and vinegar mixture into pan and add white parts of scallions. Bring to boil, cover, and simmer gently 5 minutes.
6. Meanwhile, add vermicelli and some salt to boiling water. Return to boil and cook 3 minutes, then drain well and toss in remaining olive oil.
7. Blend cornstarch with a little cream and stir into chicken. Add green parts of scallions, reserving some for garnish, then add remaining cream and season to taste. Stir over moderate heat 2-3 minutes until sauce thickens.
8. Serve chicken and sauce over vermicelli and garnish with reserved scallions.

SERVES 4**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

**Sudoku** For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes by Sally Brompton****ARIES**

MARCH 21-APRIL 20



If you say too much or go too far today you will leave others standing in amazement – which is precisely what you were hoping for!

TAURUS

APRIL 21-MAY 21



Not everyone will agree with your verbal musings today but that won't stop you. It will only encourage you to double your efforts to persuade.

SCORPIO

OCT 24-NOV 22



It's good to be assertive but it's not so good if you try to coerce people into doing things that run counter to their interests.

GEMINI

MAY 22-JUNE 21



The Sun's alliance with your ruling planet Mercury today is generally a good thing but it also warns that you need to take care when it comes to deals.

SAGITTARIUS

NOV 23-DEC 21



A minor disagreement over a money-related matter could get blown out of all proportion, so watch what you say.

CANCER

JUNE 22-JULY 22



You might not want to make waves but if you don't say your piece now you may not get another chance until much later in the year.

CAPRICORN

DEC 22-JAN 20



It may look as if others are ganging up on you but are they really, or is it just that you are super sensitive at the moment?

LEO

JULY 23-AUG 23



You don't have to try to decipher every simple message that comes your way. Take what you are told at face value today.

AQUARIUS

JAN 21-FEB 18



You may want to help those in need but you have needs too and they will inevitably conflict with what other people expect of you.

VIRGO

AUG 24-SEPT 22



A friend will give you some extraordinarily good news today but for some reason you will be reluctant to accept it. Don't be so defeatist.

PISCES

FEB 19-MARCH 20



No way are you going to keep a low profile today. You have plenty to say and lots to prove and if others resent your me-first attitude, that's too bad.

 = \$

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\$1149

Taxes & fees: \$423

London
The Hotel Russell • 4★
Breakfast
Standard rm. special
Aug. 3-6 • 1 wk.
Free Tour: Hop-on / hop-off tour
of London by open top bus

\$1249

Taxes & fees: \$481

DEALS
to the **SUN**

Cancun/Riviera Maya

Occidental
Grand Xcaret • 4 1/2★
All-Inclusive
Supersaver deluxe rm.²
Sept. 12 • 1 wk.

\$769

Taxes & fees: \$286

Cancun/Riviera Maya

Gran Bahia
Principe Tulum • 5★
All-Inclusive • Standard rm.
Sept. 12 • 1 wk.

\$849

Taxes & fees: \$286

Santa Clara

Barceló Cayo
Santa Maria • 4★
All-Inclusive • Junior suite
July 19 & 26 • 1 wk.
FREE upgrade to Junior suite ocean view
(subject to availability)

\$789

Taxes & fees: \$218

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
July 19 & 26 • 1 wk.

\$859

Taxes & fees: \$218

Honolulu, Hawaii
via Vancouver

Aqua Aloha
Surf & Spa • 3★
Continental breakfast
Surf 2009-Moderate
partial city view room
Sept. 7, 10, 13 & 17 • 1 wk.

\$889

Taxes & fees: \$161

Maui, Hawaii via Vancouver

Aston at the
Maui Banyan • 3★
One bedroom / one bathroom
standard suite
Sept. 5 & 19 • 1 wk.

\$1099

Taxes & fees: \$161

Turks & Caicos via Toronto

Comfort Suites • 3★
Continental breakfast
Standard junior suite
Aug. 15 & 29 • 1 wk.

\$1079

Taxes & fees: \$253

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\$979

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\$1429

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